

Health and Wellness Plan

Weld County School District RE 10-J Briggsdale, CO

Rick Mondt Superintendent, Michele Erickson President of Accountability Committee

Educational and Nutritional Goals

- The school will provide monthly health tips for parents, teachers and community in the monthly accountability newsletter.
- Our food service program and staff members will help students and parents gain an understanding of nutrition as it relates to healthy snacks, wise food choices, feelings of hunger/fullness, and the importance of physical activities.
- The district will provide the school and community with resources for nutrition and wellness.
- Breakfast and lunch menus will be provided on the school web site.

Physical Activity

- The school will provide physical education daily to students in grades K-12.
- Students in grades K-3 will be given at least 15 minutes of recess twice daily.
- Students in grades 4-5 will be given at least 20 minutes of recess daily.
- Inclusion of all students, regardless of physical ability, will be implemented.
- Students will be encouraged to participate in some form of physical activity during recess.
- If inclement weather exists, students will be given an opportunity for recess indoors.

Nutrition and Supporting Activities

- No pop or candy is sold during the school day by the school.
- Students have access to drinking fountains throughout the building.
- Healthy food choices are made available to students at school functions.
- The cafeteria provides adequate seating to accommodate students.
- Students are allowed to converse appropriately with one another during meals.
- Adequate adult supervision will be provided at all meal times.
- School food service personnel are encouraged to attend professional development training.
- Students have at least 10 minutes to eat breakfast and 15 minutes to eat lunch not including passing time or waiting in line.
- We recommend recess for elementary students before lunch.
- Each class will be given the opportunity to design one nutritious school lunch.

Recommended Websites:

<http://www.cde.state.co.us/cdenutritran/nutriWellness.htm>

<http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html>

http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm

<http://www.cdc.gov/HealthyYouth>